

Why Policy?

They are the agreements, the codes that shape every aspect of our lives.

As a worksite, you need a strategy for developing, communicating and enforcing a set of policies and practices that reflect your standards of acceptable behavior.

Successful policies and procedures do more than draw boundaries; they also recognize and address people's needs. With the right policies in place your worksite will ultimately be improving individual performance in the workplace.

In business – small or large – it is not just about meeting certain goals, but also how you achieve them. Making small and doable changes can make a big difference. It doesn't always take dollars, it takes leadership.

Examples: . Health coaching, individual counseling, Low Impact, newsletters, health risk assessments Increased Tier 3: Effort Individual Lunch and learns, physical activity challenges/contest, health Tier 2: fairs/screenings Group High Impact, Tier 1: Dress codes, healthy vending Decreased machines, flex time for physical **Make Individuals Default Choices** Effort activity, serving healthy food Healthy

Policy can be shared...

Formally
Rule
Handbook Policy

Signed letter

Mandatory

Informally

Email Poster/sign Announcement

Supportive